

SPLITS FOR THE Holidays



MODULE 1

1: Practice square & unsquare hips slowly 10x's each leg



2: Hip Stability: Feet on chair seat, lift hips to straight. Then lift leg to 90° slowly hold 5 sec. 10x's each leg



3: Core Strength: Heels on chair seat, curl up & hold 5 sec. Do 20x's



4: Knee Stability: Sit up straight in pike. Lift one leg up & down slowly 10x's each leg
 *If you have hyperextended knees, focus on keeping them at straight, controlling them...not pushing into hyperextension.



5: Hips Floor, focus on core in & hips squared, relaxing. 1 min each leg



6: Bum Stretch, do all 3 steps. Focus on rounding & doing small hip circles to relax. 1 min 30 sec each leg



7: Arabesque Stretch, focus on core in, no arch in back, controlling bottom knee, square hips. 1 min 30 sec each leg



8: Pike Chair Twist, do all 4 steps. Focus on foot alignment & the twist. 1 min 30 sec each leg.



9: Front & Back Stretch, focus on good foot/knee/hip alignment. Bend knees if needed. 1 min each leg



10: Hold Splits Prep position 40 sec each leg. Don't worry about going lower. Focus on chest straight, no arching, core in, square hips.



Days

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